

Harvest appeal



Please donate an item or two from the list to help local people left without enough money to live on.

Shopping list

Tinned fish

Tinned veg & fruit

Cooking sauces

Coffee & Tea

Milk (UHT or powdered)

Cereal & biscuits

Fruit juice (long-life)

Tinned puddings

Tinned soup

Rice & pasta

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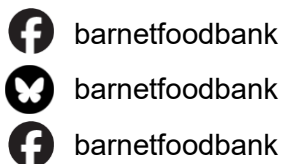
Tinned puddings

Jam

Rice & pasta

Our food bank:

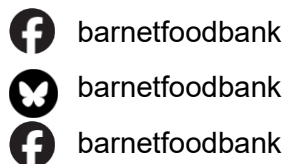
1. Provides emergency food and practical support to local people in their hardest moments.
2. Works with local partners to get people the right help, so they're less likely to need the food bank again.
3. Is part of a UK-wide community of food banks, working together with Trussell to ensure no one needs a food bank to survive.



www.chippingbarnet.foodbank.org.uk

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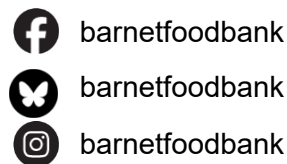
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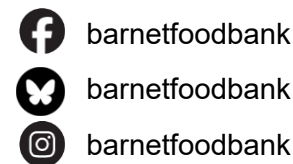
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